

display simultaneously with said video, said first panel containing information from at least one of a plurality of records, said records containing programming information, each of said records having an associated time and an associated channel, and said first panel displaying on said display an associated time range from a first time to a second time and an associated range of channels, where said first time is the earliest time displayed on said display in response to said first signal and said second time is the latest time displayed on said display in response to said first signal;

(c) selecting a first record in response to a second signal from said user interface;

(d) selecting a second record in response to a third signal from said user interface, where said second record has an associated time and an associated channel, where said associated time of said second record is outside of said associated time range of said first panel; and

(e) in response to selecting said second record, displaying simultaneously with said video a second panel, said second panel having an associated time range from a third time to a fourth time where said third time is the same as said second time and is the earliest time displayed on said display in response to said second signal, and said second panel having an associated range of channels that is the same as the associated range of channels of said first panel.

---

--20(amended). A method for displaying programming information, comprising:

(a) displaying a video comprising a plurality of frames on a portion of a display;

(b) displaying simultaneously with said video, at the selection of a user, any selected one of

(i) a first panel;

(ii) a second panel; or